Creamy artichoke and spinach dip

From Jean Checkel of Wilmington for Alice Kelly of Newark.

1 box (9-ounce) frozen artichoke hearts
Half 10-ounce package frozen chopped spinach
½ cup chopped onion
1 tablespoon minced garlic
½ cup defatted chicken broth
½ cup low-fat mayonnaise
1 tablespoon lemon juice
1 tablespoon grated Parmesan cheese
¼ teaspoon each salt and freshly ground pepper

In a medium heavy skillet, bring artichokes, spinach, onion, broth and garlic to boil over high heat. Reduce, cover, simmer 12 minutes, stirring several times. Drain in a strainer. Process in a food processor until almost smooth. Scrape into a small bowl, partially cover; refrigerate 1 hour or until cold. Stir in all else. Yield: 2 cups. Serve with fresh vegetables cut for dipping.